



MUDO ACADEMY | WILLOUGHBY

OF MARTIAL ARTS AND FITNESS SCHEDULE 2024 (Effective Feb 5, 2024)

TIME	MON	TUES	WED	THU	FRI	TIME	SAT
6:30AM		TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS		
7:30AM							
7:45AM		TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS		
8:45AM							
9:00 a.m.		TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	9:00 a.m.	T.PARA-MA (Elementary)
10:00 a.m.						10:00 a.m.	
10:15AM		TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	TK BOXING FITNESS	10:05 a.m.	T.PARA-MA (Secondary)
11:15AM						11:05 a.m.	
						11:10 a.m.	KICKBOXING (All Ages)
						12:10 p.m.	
3:30 p.m.				TINY PANDA GRAPPLER (3-5)		12:15 p.m.	JUDO/BJJ (6 TO 8)
4:15 p.m.						1:15 p.m.	
4:20 p.m.	T.PARA-MA (Elem: 4:30pm-5:20pm)	JUDO/BJJ (6 TO 8)	JUDO/BJJ (6 TO 8)	T.PARA-MA (Elem: 4:30pm-5:20pm)	JUDO/BJJ (6 TO 8)	1:20 p.m.	JUDO/BJJ (9 TO 12) Beginner
5:20 p.m.						2:20 p.m.	
5:25 p.m.	T.PARA-MA (Secondary)	JUDO/BJJ (9 TO 12) Beginner	JUDO/BJJ (9 TO 12) Beginner	T.PARA-MA (Secondary)	JUDO/BJJ (9 TO 12) Beginner	2:25 p.m.	JUDO/BJJ (9 TO 12) Advanced
6:25 p.m.						3:55 p.m.	
6:30 p.m.	KICKBOXING (YOUTH)	JUDO/BJJ (9 TO 12) A 6:30pm-8:00pm	JUDO/BJJ (9 TO 12) A 6:30pm-8:00pm	KICKBOXING (YOUTH)	JUDO/BJJ (9 TO 12) A 6:30pm-8:00pm	4:00 p.m.	JUDO/BJJ (13 Plus)
7:30 p.m.						5:30 p.m.	
7:35 p.m.	KICKBOXING (ADULTS)	JUDO/BJJ (13 Plus) 8:00pm-9:30pm	JUDO/BJJ (13 Plus) 8:00pm-9:30pm	KICKBOXING (ADULTS)	JUDO/BJJ (13 Plus) 8:00pm-9:30pm		
8:35 p.m.							

1. Mudo Academy reserves the right to change the schedules as it sees fit.
2. Age groups are suggestions only. The Head Master/Sensei may accept students into a class with different age than written here.